Workshop: Week 1 Cluster

Hi, everyone, and thank you for joining me today for your movement sequence. We are going to be doing a little cluster with the exercises one leg stretch, double leg stretch, single straight leg stretch, double straight leg stretch, and crisscross. Now, while this is already a beautiful cluster of exercises being flat on your back in the one position and moving through sequential layers of challenge, so from a single bent leg to a double bent leg to a single straight leg to a double straight leg, back to the beginning with some rotation. They are very front body focused.

So there is one more element to clustering, which is moving between body parts so we can make sure that everyone can stay on for the entire ride. If we teach just front body exercises and we have a beginner and a more advanced client, we don't get to allow both of those people to get exactly what they wanted or both of those people to feel successful. At some stage, your beginner client is going to fall out of the sequence or need to stop, where your more advanced client will be happy to continue moving forward. Clustering is the solution for that.

We'll tell you front body exercises, taking each one to a point of challenge. We'll then move into back body, ideally moving through layers of challenge in the back body as well, and then come back to the front body and continue to build that level of challenge. So your beginner gets that break that they were after. Work, work, work, break.

Going to the back body, work, work, work, break. But your more advanced client gets to continually keep revisiting those movements in slightly harder variations. So let's put it into practice and let's get moving together. So what I'd love you to do is please join me on your mat.

We'll start on our backs. Lying on your back, can we just come into the one leg stretch? So we'll start with our knees in towards our T shirt, our arms overhead. Curl up and reach your fingertips for your toes, and then lower all the way back down to the mat.

Curl up. Sweep the fingers all the way to your hips, and then sweep them all the way back to the mat behind you. Curl up. Try and bring your face towards your pants and your pants towards your face, and then lower all the way down.

We'll aim for about five more, biggest lift that we can, curling up and pulling the knees in tight, lowering all the way down and stretching through the fingers. Curl up. Reach to the wall in front. Lower down.

Three more. Curl up. Find the tightest ball that you can squeeze in. Lower down. Two.

Curl up. Pull everything as close together as you can. And down. Last one. Can you curl up, and can you stay up?

From here, can you reach your right leg long to the wall in front of you? Pull it back into your ball and then lower all the way down. Curl up. Reach your left leg away.

Extend. Point through the toes. Hug it back into the middle. Lower all the way down.

Curl up and reach the leg long. Pull it in lower down. Curl up and extend. Pull it in lower down.

Now feel free to stay as you are or curl up and stay up. It's now just the leg extensions. Point through the right toes. Reach them away.

Pull everything into your ball, reach the left leg's long, pull it in. Keep switching the leg for me. Extend and tuck. Extend and tuck.

Each time you take the leg long, can you aim it a little closer down towards the mat? We've got six, five. See if you can curl up a little bit higher for the last three. Keep reaching through the fingers too.

Last one. Extend and hold, please. Five, four, three, two. Switch. Five, four, three, two, and lower all the way down.

We'll find a bridge. So bend your knees, plant your feet, curl your waistband up towards the ceiling, please, and then lower all the way back down. Reach to the sky. Roll to the mat.

As you find your optimal level of movement today, try and get as high as you feel comfortable, and then slow the return back to the mat. Press and lift up to the ceiling. Peel the body back down. I like to use my hands and feet here, so I press down firmly to lift my waistband as high as I can.

And then I keep pressing down to control the return. Lift to the sky. Roll down smoothly. Let's go for three more.

Peel up. Lower down. Last two. Peel up. Down. Last one. Can you come up? Stay up.

Gonna try and get as high as we can and hold this shape for ten, nine, eight. Can you press down a little more? Lift the waistband a little higher for five, four, three, two, and one. Come all the way down.

We'll move to our double leg stretch, but we'll start with our single leg. So come back in. Knees pull to the front of your T shirt. This time, we'll use our hands.

Extend your right leg long. Pull it back in. Extend your left leg long. Pull it back in.

The hands are on the bent knee, and they help hug the leg in a little bit tighter. Feel free to stay in this single leg version, or if you'd like, it's double leg. Both legs hug in. Both legs go long.

Both legs hug in. Both legs go long. If you'd like to increase the challenge here, you're going to release the hands from the legs. Bring them back by your hip pocket just like they were a moment ago.

Knees in. Legs long. Knees in. Legs long. Remember, you've got the option to go back to the single leg at any time that you'd like.

Our final layer of challenge today, as the legs go long, the arms reach overhead. As the knees come in, the hands are by the hip pockets. Extend the legs, reach the arms overhead. Hug the knees in.

Reach the fingertips to the wall in front of you. Extend everything long. Pull back into the ball. As you reach, can you try and press the back of your body into the mat a little bit more?

And then as you come in, hug everything as close into the middle as you can. Extend long, point the toes, reach, come back to the middle. Let's aim for two more, please. Long and in.

Last one. Can you reach long and can you stay? Now it might be a both leg out long option, or you might like to start cycling through your singles. Whichever option you've chosen, can you stay for ten, nine, eight, seven, six, five, four, three, two, and one.

Come all the way down for me, please. Let's find your bridge. This time, can you bring your legs a little closer together? Press down through the mat to lift your waistband high.

Roll all the way down. Lift up and down. Now you can continue just as you are peeling to the top of your shape and rolling back down. If you'd like to come a little further, you peel up to the top, and then you lower halfway.

Big squeeze to lift and then a little drop. Press up, drop down. Now you can make this movement as fluid as you'd like. I quite like to maintain a little bit of that rolling shape, so it's a little roll down and a roll up.

We'll stay here for another six. Halfway all the way up for four, three, two. Can we hold at the top again? Get as high as you can.

Stay for ten. Nine. See if you can use the arms and the feet a little bit more for four, three, two, one. Roll all the way down.

We're going to repeat that, please. So peel up through your bridge. Roll all the way down. This time, can you reach your arms to the sky?

Peel up, roll down. Now, again, you can stay with this full range movement if you'd like, or we come back into that hover all the way up, all the way down, all the way up, halfway down. Choice is yours. Come up.

Find your range of movement. If your legs are together, can you start to squeeze them a little bit more? Drive the pants towards one another. We've got four, three, two.

Can you come up and stay up? Hold the top of your shape. Squeeze the legs together. Reach through the fingertips.

Lift your waistband as high as you can. Five, four, three, two, one. Come all the way down. Hug the knees in towards your front and give yourself a little rock.

From there, can I ask that you extend the right leg to the ceiling? Reach the left leg out long to the wall. Grab a hold of your leg and pull it in as close towards your face as you can, and then you're gonna switch which leg you're holding on to. Scissor switch.

Scissor. See if you can point through the toes as much as you can so it's a reach to the sky and a reach to the wall, and then we switch. You're going to grab up as high on the leg as you can. So for some, that'll be down near the knee.

For others, it'll be near the ankle. Feel empowered to take the option that works for you today. And if you'd like to take this movement a little further, it's a pull pull switch. Pull pull switch.

So the hands are hugging the leg in as close towards your face as you can. If you'd like to go a little bit further today, you do that without holding onto the legs. It's a pull pull switch, pull pull switch. And your final layer of challenge would be both legs down, both legs up.

Both legs down, both legs up. Can we move for five? Find the range of movement that works for you today. Four, three, two.

Lower the legs down to a point of challenge and see if you can hold them there. Keep squeezing the legs together, pointing through the toes, and maybe, just maybe, you reach the arms overhead for the last five, four, three, two, and one. Come all the way down. Final round of bridges, please.

Slide those legs together. Arms by your side to start. Press up. Lower down. Press up.

Lower down. Now you can come back into your hovers if you'd like. It's a halfway down and then all the way up. You can come to your arms to the ceiling.

Keep reaching for the sky as you roll your waistband up and down. If you'd like to come for the final layer of challenge, can you peel up to the top of your shape? Point your right toes to the ceiling. Bring them back to the mat.

Roll down to your choice of height. Press up. Extend your left toes to the ceiling. Bend the knee.

Place it to the mat. Roll down. Peel up, straighten the leg to the sky, bring it back to the mat and down. Peel up, extend the leg to the sky, bring it down, roll down.

Now in a moment, I'm gonna ask you to hold at the top of this shape. You have the choice to hold with both feet flat or the choice to hold with a single leg. Press up. Can you stay up?

If you're taking the single leg, reach your right leg to the ceiling. Five four. Can you get any higher? Three two.

Double legs stay where you are. Single legs swap sides. Five four three two, one. All the way down.

Hug your knees into your T shirt one final time. A little bit of a hug. This time, can you place your hands behind your head, curl up like you're trying to put

your face on your leggings, and come into your single leg extension. Left leg right leg away.

Hug it in. Left leg away. Hug it in. Right and left. When you're ready, let's take them into your crisscross.

Extend, and pause. Twist elbow to bent knee, and then switch, and then switch. Try and keep the elbows as far apart from one another as you can. It's a big rotation through the middle, and twist, and twist.

Come with me, please, as we go faster for ten. Nine, eight, seven, six, five, four, three, two, slow as you can. Ten, nine. Can you make it even slower for eight, seven, almost there, six, five.

Keep reaching through the toes as they move away from you. Three. Final ten seconds of work, please. Stay as you are or start to straighten the legs.

We've got scissors. And twist for eight, seven, six, five, four, three, two, and one. Relax all the way down. Thanks so much for joining me for this movement section today.

I hope you enjoyed the layers or the variations of the series in five and the way that we were able to pair front body with back body work in a way that I hope that you felt challenged in the front body and ready to break by the time the bridges came. And you also felt challenged in your bridges as as opposed to doing front body work, giving people a rest, so lie down on the mat, have a rest, and then coming back in, which can often mean that the people that wanna keep moving feel dissatisfied with that rest, but we needed to add it because people needed the opportunity to recover. This is

just a different way to program sequences so that you consistently and always keep your class moving, but in a way that facilitates success and a continued journey along. Look forward to seeing you in the next one.